



Penticton Indian Band

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**HAPPY
Easter**

PIB OFFICES

will be closed for Easter Weekend
Friday March 29, 2024 and
Monday April 1, 2024

Offices will reopen
Tuesday April 2, 2024

*Have a Great
Long Weekend*



CHECK OUT MORE ON THE
MEMBERS PORTAL
[HTTPS://PIB.CA/](https://PIB.CA/)



CONNECT WITH US ON SOCIAL MEDIA



April/May



Important Dates



IMPORTANT DATES

Chief and Council Meetings

April 9th, 23rd
May 7th, 21st

Elders Meetings

April 3rd, 17th
May 15th, 29th

General Band Meetings

March 27th
April 14th

PIB OFFICE CLOSURES

April 1st
May 20th



Exciting Stuff Happening



Website

Check the website or calendars for more activities and programs.

<https://pib.ca/>

OTHER EVENTS

April 3-4 in Vernon
Syilx Indian Residential School
Healing Gathering

April 11 at Head of the Lake
Hall
Syilx Nation Data Governance
Plan Presentations

April 25- 26 in
Grandmothers Gathering at
Watermark Beach Resort

May will have Fry Releases
throughout the Nation - T.B.D.



Get out and take part!
Be a part of the



EASTER CELEBRATION



Community Events
11:00 AM - 2:00 PM



Bouncy Castle



Face Painting



BBQ

APRIL 1ST

AT OUTMA SCHOOL

Door prizes include bikes, scooters, and more

FOR MORE INFORMATION CALL:
CHARLENE ROBERDS
250-486-3027
EMAIL: EVENTS@PIB.CA

Easter Egg Hunts will occur every half an hour

- 11:30 AM - 0 - 5 yr olds
- 12:00 pm - 6- 12 yr olds
- 12:30 pm - 13-18 yr olds
- 1:00 PM - adults



Mini Petting Zoo





SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>STAT</p>	<p>2 Ladies Gym Program @ 9am ICOT 11-1 Day Treatment 2pm @ Recovery House (attachments in addiction) Men's gym program @ 3:30pm Self Defense @ Hall - 5-6pm</p>	<p>3 Elders Meeting 10-2pm @ Hall Wellbriety @ Recovery House 2-4pm Youth Gym Program @ 3:30pm S&S @ Snxastwiltzn Centre Drive-Thru @ 4:30pm COW @ 5pm</p>	<p>4 Ladies Gym Program @ 9am Tot time YMCA @ 9-12pm Day Treatment 2pm @ Recovery House (Life skills with FootPrints) Men's gym program @ 3:30pm Men's Talking Circle @ 4:30pm - Recovery House Elder's BINGO 430-930pm</p>	<p>5 Day Treatment 2pm @ Recovery House (Cultural Genograms) Youth Gym Program @ 3:30pm</p>	<p>6</p>
<p>7</p>	<p>8 Tot Time - (Swim) 11-2pm Youth Gym Program @ 3:30pm Star2kmix Group (Girls Youth) Recovery House @ 4-6pm</p>	<p>9 HEALTHY HARVEST BOX (P/U @ Heritage Building) Ladies Gym Program @ 9am ICOT 11-1 Pre/Postnatal Luncheon 11-1pm Day Treatment 2pm @ Recovery House (Mindfulness @ the Pitt House) Men's gym program @ 3:30pm Self Defense @ Hall - 5-6pm</p>	<p>10 Adult Day Program 11-1pm Creatin Art @ Snxastwiltzn Centre Wellbriety @ Recovery House 2-4pm Youth Gym Program @ 3:30pm S&S @ Snxastwiltzn Centre Drive-Thru @ 4:30pm COW @ 5pm</p>	<p>11 Ladies Gym Program @ 9am Tot Time Smoothie Mix @ 9-11am Day Treatment 2pm @ Recovery House (Letting Go of Anger) Men's gym program @ 3:30pm Men's Talking Circle @ 4:30pm - Recovery House Elder's BINGO 430-930pm</p>	<p>12 Day Treatment 2pm @ Recovery House (Letting Go of Anger) Youth Gym Program @ 3:30pm</p>	<p>13</p>
<p>14</p>	<p>15 Tot Time - (Gardening) 11-2pm Youth Gym Program @ 3:30pm Star2kmix Group (Girls Youth) Recovery House @ 4-6pm</p>	<p>16 Ladies Gym Program @ 9am ICOT 11-1 Day Treatment 2pm @ Recovery House (On-the-land Healing circle) Men's gym program @ 3:30pm Self Defense @ Hall - 5-6pm</p>	<p>17 Elders Meeting 10-2pm @ Hall Soup for the soul @ Recovery House - 12-1pm Wellbriety @ Recovery House 2-4pm Youth Gym Program @ 3:30pm COW @ 5pm</p>	<p>18 Ladies Gym Program @ 9am Tot Time - (Breakfast with guest speaker) 9-11am Day Treatment 2pm @ Recovery House (Life skills with FootPrints) Men's gym program @ 3:30pm Grief and Loss Program 5pm @ Recovery House Elder's BINGO 430-930pm</p>	<p>19 Day Treatment 2pm @ Recovery House (Guest Speaker - Lyle Bonneau) Youth gym program @ 3:30pm</p>	<p>20</p>
<p>21</p>	<p>22 Money Matters 10am @ Recovery House Tot Time - (Swim) 11-2pm Youth Gym Program @ 3:30pm Star2kmix Group (Girls Youth) Recovery House @ 4-6pm</p>	<p>23 Ladies Gym Program @ 9am ICOT 11-1 Day Treatment 2pm @ Recovery House (Treatment of Trauma) Men's gym program @ 3:30pm Self Defense @ Hall - 5-6pm</p>	<p>24 FNHA Health benefits Presentation 11-1pm @ Snxastwiltzn Centre Wellbriety @ Recovery House 2-4pm Youth Gym Program @ 3:30pm Community Kitchen (4 Spots available - Call Suzanne) 4-7pm COW @ 5pm FNHA Health benefits Presentation 5-7pm @ Snxastwiltzn Centre</p>	<p>25 Ladies Gym Program @ 9am Tot Time Just 4 Fun @ 8-2pm Day Treatment 2pm @ Recovery House (Treatment of Trauma) Men's gym program @ 3:30pm Men's Talking Circle @ 4:30pm - Recovery House Elder's BINGO 430-930pm One Sky HEP C 101 5-7pm @ Snxastwiltzn Centre</p>	<p>26 Tot Time WFN/PIB Combined 8-2pm Day Treatment 2pm @ Recovery House (Treatment of Trauma) Youth gym program @ 3:30pm</p>	<p>27</p>
<p>28</p>	<p>29 Youth Gym Program @ 3:30pm Star2kmix Group (Girls Youth) Recovery House @ 4-6pm Tot Time - (Family night swim and Pizza) 5-7pm</p>	<p>30 Ladies Gym Program @ 9am ICOT 11-1 Day Treatment 2pm @ Recovery House (On-the-land Healing Circle) Men's gym program @ 3:30pm Zumba 6:30 @ Hall</p>				

SNXASTWILXT'N RECOVERY HOUSE

"A place to heal"

MENTAL HEALTH
COUNSELLING
SUPPORT GROUP
GRIEF & LOSS

WELLNESS
NUTRITION
MEDITATION
YOGA
GYM PROGRAM

CULTURAL HEALING
SWEAT LODGE
SMUDGING
MEDICINE
ON THE LAND
ACTIVITIES

SUBSTANCE USE
HARM REDUCTION
PREVENTION
NALOXONE TRAINING
DAY TREATMENT
SUPPORT FOR FAMILY

"Healing Hub for community!"

Programs include:

Soup for Soul: Community lunch program
Wellbriety
Day Treatment
Healing Trauma: Reclaiming your spirit
COW: Cultural of wellbeing
Individual support

On-The-Land program
Art Therapy: Building resilience
Men's group
SOW: Strong Okanagan women group
Youth group

April 2024

Recovery House Day Programming

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Administration & Curriculum Development	2 Attachments in Addiction: Day Treatment Program	3 Wellbriety Support Group 2pm - 4pm OPEN to Community	4 Life Skills with FootPrints: Day Treatment Program 2-4pm	5 Cultural Genograms: Day Treatment Program	6
7	8 Administration & Curriculum Development	9 Mindfulness at the Pitt House 2pm-4pm OPEN to Community	10 Wellbriety Support Group 2pm - 4pm OPEN to Community	11 Letting Go of Anger Workshop 2-4pm OPEN to Community	12 Letting Go of Anger Workshop 2-4pm OPEN to Community	13
14	15 Administration & Curriculum Development	16 On-The-Land Healing Circle: Day Treatment Program	17 Wellbriety Support Group 2pm - 4pm OPEN to Community	18 Life Skills with FootPrints: Day Treatment Program 2-4pm	19 Speaker - Lyle Bonneau 2-4pm OPEN to Community	20
21	22 Administration & Curriculum Development	23 Treatment of Trauma Workshop 2-4pm OPEN to Community	24 Wellbriety Support Group 2pm - 4pm OPEN to Community	25 Treatment of Trauma Workshop 2-4pm OPEN to Community	26 Treatment of Trauma Workshop 2-4pm OPEN to Community	27
28	29 Administration & Curriculum Development	30 On-The-Land Healing Circle: Day Treatment Program	1	2	3	4
5	6	Notes				

FINANCIAL WELLNESS WORKSHOP: "MONEY MATTERS"



Join us for a workshop led by Rob Van Alphen, a senior Wealth Advisor from CIBC.

DATE: April 15th

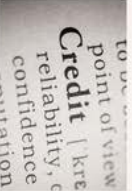
TIME: 10 am - 2 pm

VENUE: PIB Recovery House

This session is suitable for individuals of all backgrounds and aims to empower attendees with essential tools for making wise financial decisions.

Learn how to invest in your future endeavors such as education, housing, healthcare costs (including treatment, counseling, physiotherapy, and more), managing family matters, and navigating various life situations.

Most importantly, this workshop will equip participants to lead healthier, happier, and more productive lives, especially during times when managing finances is crucially important.



For more information, please contact:
 Obi Oniah
 Mental Health and Substance Use Worker
 Penicton Indian Band
 Tel: 250-274-2642

Grief and Loss Community Support Group

Coping with grief can feel overpowering. Accessing support is crucial for healing following a family member's passing, the loss of a loved one, or when anticipating the expected loss of a loved one.

In response to the rising number of losses within the community, PIB Health will organize monthly gatherings in collaboration with community members and other partners. These sessions aim to offer continuous assistance to individuals navigating through their grief process.

Date of next meeting:

APRIL 18TH, 2024

Time:

5:00 PM - 7:00 PM

Venue:

PIB Recovery House

Program Overview:

- Community Assistance
- Guest Speakers from PIB Community
- Individual Peer Support
- Clinical Guidance
- Access to Community Resources



For more information contact:

Obi Oniah
 Mental Health and Substance Use Worker
 Penicton Indian Band
 Tel: 2502742642

LETTING GO OF ANGER

FACILITATOR:
STEVE KING



"Learn how to safely discover the origins of hurt, anger, and rage and some easy-to-learn techniques for processing and collapsing the energy of same"

JOIN US FOR THIS 2 DAY
WORKSHOP
APRIL 11TH & 12TH, 2024

OPEN TO ALL COMMUNITY MEMBERS

AT SNXASTWILXTN RECOVERY HOUSE
2:00 PM - 4:00 PM



TO REGISTER CALL:

MATT JONES
250 274 3502

TREATING TRAUMA/ PTS:

FACILITATOR:
STEVE KING



"Group members will be shown a variety of energy medicine/ psychology techniques that can collapse and dissipate the trapped imagery and emotions attached to traumatic incidents"

JOIN US FOR THIS 3 DAY
WORKSHOP
APRIL 23RD, 25TH, AND 26TH, 2024

OPEN TO ALL COMMUNITY MEMBERS

AT SNXASTWILXTN RECOVERY HOUSE
2:00 PM - 4:00 PM



TO REGISTER CALL:

MATT JONES
250 274 3502

LACROSSE DROP IN

APRIL 6, 2024

5 PM - 7 PM

OUTMA SCHOOL GYM

UNDER 12 NEEDS ADULT SUPERVISION

HOSTED BY SOCIAL DEVELOPMENT
COACH: MEADOW ARCAND-SQUAKIN



Contact: Cricket Testawich
778-569-1327 for more information



MARCH

Birthdays

MARCH 1ST
LEANNA KRUGER

MARCH 3RD
HARRY GABRIEL
LIBERTY WARREN JACK
ZOE JACK
KENDALL POITRAS

MARCH 6TH
AX (AVALON) BAPTISTE

MARCH 9TH
GLAYSHEUS KRUGER
STUNX KRUGER

MARCH 11TH
LAVONDA JUNE NELSON
XLYAN PICKETT

MARCH 13TH
BILLIE KRUGER

MARCH 19TH
BILLIE JEAN GABRIEL
GRAHAM KRUGER

MARCH 21ST
NATHAN PAUL

MARCH 24TH
ADDISON HOUDE
KEYAIRA PIERRE
STEPHANIE SQUAKIN

MARCH 27TH
JASMINE IVY KRUGER
JASON LOUPRET

MARCH 30TH
HELEN GEORGE

MARCH 2ND
SHERRY WARD

MARCH 5TH
GUNNER PIERRE
SAVANNAH PIERRE
MALIKI WILLIAMS

MARCH 7TH
RICHARD HALL

MARCH 10TH
CHEALSEA-LYNN BRANDI RAE
ALEC GIBBONS
FRED KRUGER

MARCH 12TH
CHELSEA GEORGE

MARCH 20TH
TAMMY KRUGER

MARCH 23RD
SARAH GABRIEL-WILSON
KOBY MARCHAND

MARCH 25TH
KALEB GABRIEL
JUNIE GREYEVES-BIGEAGLE

MARCH 29TH
JENESSA KRUGER

MARCH 31ST
GLENN KRUGER





APRIL

Birthdays

APRIL 1ST
TAYLEN CERENZIE-
PAXTON

APRIL 4TH
EMORY JR GABRIEL

APRIL 6TH
LANDON HOUDE
ARCHER WATERS

APRIL 8TH
MAGGIE MAY CRAWFORD

APRIL 11TH
BARRY PHILLIP
MAKAI PICKETT

APRIL 15
BENTLEY GARSON
MEMORY HALL
DESTINY KRUGER

APRIL 17TH
LYNDSIE KRUGER

APRIL 23RD
AARON GABRIEL

APRIL 26TH
DAYNA KRUGER

APRIL 2ND
HARLEN KRUGER
MARY LOUPRET

APRIL 5TH
TATUMN BARBER
JUANITA KRUGER
TOBY NELSON

APRIL 7TH
EILEEN CARLEY
KINGSTON DELORME

APRIL 10TH
MELODY KRUGER

APRIL 12
DARRYL-JEAN PEEMAN

APRIL 16TH
TRINITY JONES
KINSLEY KRUGER
DYLLAN MARCHAND

APRIL 19TH
CRYSTAL GABRIEL
JACINTA KRUGER

APRIL 25TH
CHARLIE ROSS



HAPPY

Birthday

CELEBRATION

Do you know someone with
a birthday in the month of

*April
or
May*

that you would like to
celebrate?!

Send their name in to get
added to the list for our
Happy Birthday Celebration
post next month



MARCH 29, 2024
POSTINGS

PIB NEWSLETTER EMPLOYMENT OPPORTUNITIES

All applicants should submit a cover letter and resume with each Job Posting, Please visit the PIB website to see Full Job Postings
<http://pib.ca/employment>

APPLICATIONS DEADLINE: PLEASE SEE INDIVIDUAL JOB POSTINGS

All applicants should submit a cover letter and resume with each Job Posting

- **Secondary School Teacher- Open until filled**
- **Education Assistant - Deadline March 29, 2024**
- **Family Preservation Team Lead - Open until filled**
- **Family Preservation Worker - Open until filled.**
- **Child & Youth Support Needs - Open until filled.**
- **Child Care Program Manager - Open until filled.**
- **ECE Infant/Toddler Special Needs - Open until filled.**
- **Elders Coordinator - Open until filled**
- **NR Interfor Manager - Deadline April 9, 2024**
- **NR Okanagan Territorial Guardian - Deadline April 9, 2024**
- **NR Technician I - Deadline April 11, 2024**
- **NR Technician II - Deadline April 11, 2024**
- **NR Technician III - Deadline April 11, 2024**



FOR PIB JOB POSTINGS:
Please send your Cover letters and resumes to jobs@pib.ca



DO YOU OR KNOW OF ANY BAND MEMBER THAT WOULD LIKE TO RECEIVE THE PIB NEWSLETTER OR BY EMAIL?



The weekly Penticton Indian Band newsletter is distributed and available weekly. If you wish to download the most current newsletter go to this link:

http://pib.ca/?page_id=4459

IF YOU WISH TO RECEIVE THE LINK TO DOWNLOAD THE PENTICTON INDIAN BAND NEWSLETTER BY EMAIL, PLEASE SEND AN EMAIL OR CALL:



**EMAIL: NEWSLETTER@PIB.CA
CALL: 250-493-0048 EXT: 238**

YOU WILL RECEIVE A CONFIRMATION THAT YOU WISH TO JOIN THE LIST.

PLEASE CONFIRM AND REPLY "YES" TO THE EMAIL. YOUR EMAIL WILL THEN BE ADDED TO THE LIST

If you have any questions, please contact the Communications Coordinator at the above contact information